



AT LENOX HILL NEIGHBORHOOD HOUSE

Granola

Homemade granola is much cheaper and healthier than packaged granola or processed cereals. Oats contain high amounts of fiber and are a great breakfast food. This granola will keep up to two weeks in an airtight container. Try serving our delicious granola by making beautiful parfaits using fresh seasonal fruits!

Makes 5 Cups or 20- 2-ounce portions

Ingredients

4 cups of rolled oats

½ teaspoon salt

1 teaspoon cinnamon

1/3 cup oil

¼ cup honey, brown sugar, or white sugar

1 teaspoon vanilla

Zest and juice of 1 orange

2/3 cup raisins or dried cranberries

2/3 cup dried unsweetened coconut flakes, optional

Directions

1. Preheat oven to 350°F degrees.
2. In a small pot. ix orange zest, orange juice, oil, honey, cinnamon, and vanilla. Warm the oil and honey mixture for one minute.
3. Pour over rolled oats and mix well.
4. Spread very thinly on baking sheet lined with paper.
5. Bake 8-10 minutes, stirring once after about 5 minutes.
6. Take out while still soft. The oat mixture will become crisper as it cools. Transfer mixture to a large bowl and add raisins and coconut and stir well.
7. Cool and store in airtight bags or plastic container with lid.

THE
TEACHING
KITCHEN
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Summer Parfaits

1. In a clear glass layer 3 tablespoons of chopped fresh fruit and $\frac{1}{4}$ cup of plain yogurt.
2. Drizzle with honey or maple syrup if desired.
3. Top off with a sprinkling of granola for a delicious crunch.